

## Media Release

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### **Killam / Forestburg RCMP urges safe driving this holiday season**

Killam / Forestburg, Alta. – As Albertans prepare for holiday festivities, the RCMP is reminding everyone to make responsible choices and to not drive impaired. Impaired driving is entirely preventable, and with a little planning, you can ensure everyone arrives home safely this season.

Killam / Forestburg RCMP offers the following safety tips to help you stay safe and avoid impaired driving while enjoying the holiday season:

- If you know that you'll be drinking alcohol or using substances, plan your transportation in advance. Arrange for a taxi, rideshare, or public transportation to take you to and from your destination.
- If you're attending an event with friends or family, establish a designated driver who will remain sober and responsible for getting everyone home safely.
- If you're celebrating at a friend's house, consider asking if you can stay overnight rather than risk driving home impaired.
- If you're hosting a holiday gathering, be mindful of your guests' alcohol consumption and offer non-alcoholic beverages for those who are driving.
- If you notice that a friend or family member has had too much to drink, don't let them drive. Instead, offer to help them find alternative transportation.
- If you take on the role of designated driver, be sure to stay alcohol-free for the entire event, and take pride in knowing that you're helping friends and family get home safely.
- It's important to note that impaired driving is not limited to alcohol consumption. Driving under the influence of cannabis or prescription drugs can also impair your ability to operate a vehicle safely.

For more safe driving tips, follow us on Facebook @RCMPinAlberta and on X @RCMPAlberta.

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